

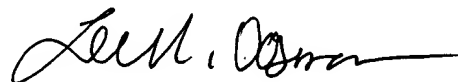
Provisional Applications are incorporated herein by reference including all publications and issued patents cited therein.

**REMARKS**

Attached hereto is a marked-up version of the changes made to the specification by the current amendment. The attached page is captioned **VERSION WITH MARKINGS TO SHOW CHANGES MADE.**

Dated this 24 day of May, 2002.

Respectfully submitted,



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**VERSION WITH MARKINGS TO SHOW CHANGES MADE**

In the specification:

The paragraph on page 1, beginning on line 6, after “CROSS-REFERENCE TO RELATED APPLICATIONS” has been amended as follows:

This application claims the benefit of United States Provisional Application No. 60/188381 entitled “Variable Load Multi-Position Bench Exercise Unit and Associated Group Exercise Program” and filed March 10, 2000, by Andrew P. Lull et al., and United States Provisional Application No. 60/274590 entitled “Group Program for Resistance Exercise Training” and filed March 9, 2001, by Kevin Lamar et al. [Applicants’ Docket No. 10029.00; Express Mail Label No. EL759298402US], (the “Provisional Applications”). The Provisional Applications are incorporated herein by reference including all publications and issued patents cited therein.

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